

How to Make a Woman Squirt: the Art of Squirting

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Getting Started

When you're in bed with a lady, do you ever feel like you're trying too hard and nothing is happening? Did you ever wonder how other guys can make their girls orgasm but you can't? And then what about this squirting thing? You've heard of certain women who have the ability to squirt when they orgasm, but you literally have zero clue how to achieve this goal and give your girl the most amazing experience in bed. Well, here's some good news: you're about to find out how to do all of the above in this eBook. Yes, all of it!

- 1) Be an emotional stud with your woman: know her weaknesses and how to bring them out
- 2) Know about the female body and get acquainted with their sexuality and tendencies
- 3) Get a good grip on proper techniques that the most experienced men out there use

With these three key principles, you're well on your way to making your love life stand out above the rest, as well as make your woman feel like she will never find another man as good in bed as you! After reading this eBook, you'll be so amazing at stimulating your woman that she'll squirt every time.

Guaranteed!

Perhaps the most amazing thing in the sexual universe is being able to make your woman squirt. It's virtually unknown to most, and it's quite rare to actually find a girl who can do this on a regular basis.

This book will teach you the best ways to give women a squirting orgasm, and the techniques you'll learn here will last you a life time of happiness!

When your partner is happy, you are happy. This is why you need to learn the art of squirting, and the only way you'll learn the best techniques is to fully complete this eBook from front to back. Squirting is both pleasurable and exciting, and giving your partner the ability to do so will be something you and her will never ever forget! After just your first time, she'll be begging for more every time you walk through that door! And if you're still single and on the prowl like a lot of guys, get ready to pick up girls and keep them.

My Story

You're probably asking yourself "why are you so infatuated with females squirting? What's the point of getting guys to get their partners to do this?" Well, I'll tell you why: because I was once like you guys out there.

Sure, I knew what I was doing in the sack, and I would pleasure my girl to the best of my ability, which was usually enough, but there was just something that she was missing. After browsing the Internet one

day, I came across this term 'squirt,' and I just had to learn more about it. It turns out that you can give your partner unbelievable orgasms that she'll never forget, and they'll leave her shaking and feeling the best she has ever felt in her entire life.

After reading that, I was sold. I read every book, listened to every recording, and watched every video I could find on squirting. I became an expert on the art of making girls squirt. I was obsessed. I just wanted to know everything there was to know about it, and how I could do that to my girl.

I'll never forget the first time. There we were, me and my girlfriend in her bed with nobody home. We were doing our usual foreplay to get each other turned on, and then we moved on to the oral stimulation to get us even more in the mood. After that, we moved on to the penetration and rough stuff. You know, the GOOD stuff! (wink wink). So when we were really getting into it, and I could tell she was about to orgasm relatively soon, I put my skills to work.

I rubbed that clit, tickled that G-spot, and kept pounding away. She eventually said she felt like she was going to pee. This is one of the things I read about! I kept going and going and going. Finally, I took my penis out and she squirted like a fire hose all over the bed! It was amazing!

She said to me "how the hell did you do that? And what was that?"

I told her that I just made her squirt. I asked her if she liked it, and she obviously shook her head YES!

Ever since that first moment, my journey through life to help other guys unleash this secret in bed has been my life's passion. When you know something this amazing, you can't keep it to yourself, you must share it with the world. And that's just what I'm going to do for you, too.

So How Do I Introduce Squirting to Her? Should I?

Well, that all depends on you. If you're the kind of person who feels like he should be spontaneous and secretive, then go in that direction. From that point of view, you'll be going for the "did you like that? I just learned that!" And she'll respond with "wow, you're amazing! Do that every time to me!"

That's the sort of angle that a lot of guys enjoy, because it gives them some sort of a 'magic trick' that girls don't know about; it'll make you somewhat irresistible in bed, in a way.

Another approach would be to make it sort of a couple's experience; make it sort of a game that you're both trying to work at and accomplish a set goal. It's hard to bring this up without sounding funny, but you could try just mentioning it one day and plant the seed in her head. Then, when the time comes to actually have sex, you could bring it up again. "Hey, remember when I talked about squirting with you? We should try it!" If your girl is open to new things (especially ones that'll be amazing for her), she'll hop on the idea, especially if you hype it up!

Being open and honest is a good approach. Letting her know that you'd like to try new things is important to your relationship, and it lets her know that you're still as excited about her as she is about you!

Or, if you're more of a reader like myself, you could just let her read this eBook, as well. There's nothing better than sinking your teeth into a good book about the very subject you're trying to bring up. Chances are, after reading about it, she'll be quite interested in it. I mean, if you found out about a secret inside you that you have never unlocked before, wouldn't you want to explore? I know I would!

Also letting her know that it would seriously turn you on like no other would be a good thing to say. Girls love to please their men; it's in their genes! As much as men like to make their women feel great, women are a double dose of that. If she finds out that it would make you crazy, she'd be open to giving it a shot.

Last but not least, you could introduce some toys into the picture. The G-spot is a cavern of mystery to most people, and sometimes a tongue or finger just doesn't cut it. There are hundreds of G-spot stimulators on the market, and all of them accomplish the same goal: work that G-spot to achieve maximum orgasm. Maximum orgasmic pleasure is what you need to achieve the squirting orgasm, and this could be just what you need.

The Goal of this Book

The goal of this book is to get your woman to release her fluids while sexually pleasing her. Below, you'll find guided practice that you'll work toward after you're done reading **How to Make a Woman Squirt: the Art of Squirting**. While it may not happen the first time or even the second time, it's something you should practice to make perfect.

What you read in the next section may sound quite cumbersome, but every piece of the information present there is what it'll take to make your girl squirt. This one exercise will be what you've been waiting for, and you'll be in your woman's dreams for some time once you master it.

After reading, you need to think, prepare, and then commit 100% to making this happen. And practice, practice, practice! After reading the rest of the book, I want you to come back to this section and put everything you learned to the test. Here it goes.

Couples Exercise

Now it's time to get a visual so you can look back at something as a guide for when you finish the rest of this eBook. By the time you're done learning about how to make your special partner squirt, you'll be an absolute pro, and this couples exercise will be just what you need to get the juices up and coming.

First, you'll want to give yourself an amateur or professional manicure. The importance of having smooth, gentle, and fairly short nails could be the difference between utter failure and amazing success. Having jagged nails may cut your partner, or they may give her uncomfortable sensations that you want to avoid at all costs.

You'll also want to wash your hands once or twice to make sure you're not going to be inserting anything gross into your girl's vagina. That's not good for anyone, trust me. Wear comfortable clothes, make the

bed as comfortable as possible, grab some water just in case you need it, and anything else you may need in the heat of the moment; this won't be your average sex session so be prepared.

You may also want to lay down some towels to absorb any potential vaginal juices that may squirt out. It'll save your mattress and sheet at least.

Next, it's time to get physical. Get behind her and spoon her like you normally would if you were doing the usual sex positions. Make sure your hands have easy access to the vagina and clit, and make sure you have enough finger length to insert into the vagina; enough to curl your fingers is plenty of room.

What I mean by 'curl your fingers' is sort of a 'come here' gesture. It's an easy technique for hitting her G-spot effectively every time.

Now, we're going to move on to the pleasurable part. Start playing with her pussy, and start making her hot and wet. You'll want to rub the clit, insert a finger or two, and massage the G-spot with the 'come here' gesture. Do this for a solid 5 or 10 minutes, or until you feel it is appropriate to move on to the oral stage.

Get right in front of her vagina, and using your tongue, lick in a clockwise motion and counter clockwise motion. At the same time, insert your fingers in the 'come here' gesture, massage the clit, and grab her breasts on occasion.

While you're doing all of the above, ask her on occasion for any feedback, whether positive or negative. If she gives you negative feedback, try changing your stroking motions with your fingers or tongue, or ask her what she'd rather you do. Girls know their bodies better than anyone else, so they're the best people to ask about this!

Keep rubbing that clit, the outer lips, the inner lips, and move into different zones that you feel would be best for her.

You'll want to do this for a good 30 minutes, or however long you think it'll be pleasurable. If you get bored of this part of the exercise, feel free to cut it down to 20 minutes. What can also spice her up is if you have a hand mirror to show her what you're doing down there. As a guy, you know how hot it is to watch what a girl is doing to you. It's no different for women, as they get turned on by watching what you're doing to them. This could tag on the extra 10 minutes that you're lacking if you need an ace up your sleeve.

All of this exercise can and should be used with a lubricant to ensure proper mobility and smoothness. A non-water based lube is perfect, as you'll find they work better for internal techniques. Water-based lubes are fine for outer contact or for initial sexual contact, but for a longer amount of time, you'll find that they wash away too fast if you're trying to get her to have a squirting orgasm.

So, as you're warming up the lube with your hands, get mentally ready for the next part. Use one hand to rub her clit in sort of a windshield wiper motion, and make sure it's as constant and steady as possible; the same amount of feedback in strokes ensures optimal sensation for her. Take your pointer

finger on your other hand and insert it into her vagina. You'll want to do the 'come here' gesture again, and find her G-spot.

Do this for 30 seconds at a time, and if you feel the need to change it up a bit, you can try twisting your fingers, kneading them, or pulling them in and out sort of mimicking a penis movement. Alternating your techniques is the key to getting her to squirt, so don't be shy in trying new and different things here.

After another five minutes of that, you could move on to squeezing her nipples and breasts to give her even more feeling. Again, let her be the judge of what you're doing. If she likes something more than the other, she should let you know to switch back to what she feels is the best for her. She'll be in an intense situation with you going to town on her, so don't expect her to be an open book. She'll give you short snippets of information that you can use to your advantage, so don't ignore anything and keep your ears wide open. This also gives you a chance to take a small breather and give her a break, as well. This is hard work for both of you!

If you're doing it right, you should start to feel her pussy swell up around your fingers, sort of like it's trying to push you out or crush your fingers. This is good! Keep going. The contractions should become more frequent and should become increasingly stronger for her. She'll moan louder and louder as the feelings down there become greater and greater. This is usually a sign she's about to orgasm and squirt.

If her vagina becomes too compressed, you can now move your fingers in and out of her, and this is always the perfect time. If you can still fit your fingers in just fine, keep up with the trustworthy 'come here' motion with your fingers.

Just keep going back and forth, back and forth. You need to get creative here, and use your fingers and tongue like a magic wand.

Increase the speed and pressure of your technique as she gets closer to orgasm. Go faster and faster. Since you've been at it for awhile, this faster motion will feel appropriate. It's always good to gently get faster over time and not to start off out of the gate going 100 mph.

Don't be afraid to grab more lube if you need it. Using a non-water based lube is your best asset, but like any lube, it'll get thinner over time. You have plenty of it, so don't worry about it. The store has plenty more in stock!

By now, she should be close to squirting. If her contractions and G-spot are swelling up considerably, this is the obvious sign. If she is squirting already from the 'come here' G-spot motion, keep up the pace to keep the orgasm going. Women can orgasm plenty of times, and a squirting orgasm lasts longer than a normal one. You can keep doing this over and over again. When she's done squirting, you can slow down a bit. After a short time, you can start right back up again. Squirt. Then you repeat.

If she's not squirting, don't be sad; it doesn't happen every time. Don't push overly hard, as this will just hurt your chances in the future of trying this again. As long as she's enjoying everything you're doing, you should be in the clear for a second attempt, though.

She needs to feel like she's going to pee, and the outer pushing that she should be doing should be enough for her to ejaculate her fluids.

After you have either gotten her to orgasm or gotten her to squirt, take a break to reflect on the entire event. Maybe discuss what worked and what didn't work, and maybe drink some water and grab a couple of towels for the two of you to clean up a bit. Positive reinforcement is great, so tell her what an awesome time you had. She'll likewise tell you that she loved it. It works for both of you.

It's important to keep working at it, even if she didn't squirt. It's the sort of thing that needs practice to become perfect, so do this as frequently as you can, and she'll be squirting every time before you know it!

Now that you have a better idea of what it takes to get a girl squirting like you want her to, let's move on to the more detailed sections of this eBook so you can learn, achieve success, and put it all to good use with this practice exercise that you had the pleasure of absorbing.

So What is Female Ejaculation? Is it Pee?

No! It is not pee! This urban legend has been flying around the Internet for quite some time, and despite plenty of information that says otherwise, it continues to stick around. So what is it, you ask? It's a clear fluid that comes from a lady's urethra, and it will usually only make an appearance during sexual interaction. And depending on the girl and amount of sexual stimulation, the amount of clear liquid that is expelled from the urethra can range from a gigantic stream that shoots across the bed a few times, or it could just be a few drops that leave a spot on the bed. Female ejaculation in this form can occur multiple times in just one sex session, or it could just happen one time. It really depends on how much stimulation the female is receiving at the time.

Where Does this Clear Liquid Come From?

While the jury is still out on a concrete source of this clear liquid, there seems to be an agreement on that it comes from the female G-spot (the female prostate, in a way). The official anatomical name for the female prostate gland is the Skene's glands, which surround the urethra. During sexual stimulation periods, these glands fill with fluid, and once they're full enough, they empty their contents into the urethra's canal. Once the female pushes enough or has a powerful enough orgasm to push the contents out, a squirting of this clear fluid will occur.

What is Female Ejaculation Made Out of if it is Not Pee?

This clear fluid is made of glucose, creatinine, urea, and also contains high levels of prostate-specific antigens and prostate-specific acid phosphates. Since this fluid contains fluid that is specific to the prostate, it was discovered by Dr. Grafenburg that the G-spot is the prostate of the female body. While it's not slippery like the lubricant that is found inside of the vaginal walls, it is still more watery. The taste of this fluid also varies by woman, but most men will describe the taste as salty, sweet, and somewhat smooth and earthy tasting. It was also noted that, depending on where the woman was in her menstrual cycle, it would change the taste of the fluid that comes out while squirting. This change in taste means

that the body plays some role in managing the amounts of the aforementioned 'ingredients' it outputs during ejaculation.

Why isn't Female Ejaculate Pee?

Urine, while not always yellow, will always have a distinct and unmistakable taste that you could not mix up with something else. In addition, the fluid that comes out during a squirting episode is clear as can be, and does not have a noticeable smell. And on top of that, it will have a sweet or earthy taste, in addition to salty. This is clear evidence that we're not dealing with urine here, and that is a very good thing! Not to mention, women will tell you that it's nearly impossible to urinate while being sexually stimulated or aroused. The swelling that occurs in the vagina is the reason why it is considerably more difficult to urinate. But when she's about to squirt, it also brings about the sensation that she's about to pee, and this is where the confusion came from.

Since All Women have the Same Anatomy, All Women can Squirt

This is 100% true, and while some may disagree, especially women, all women can squirt under the right circumstances and scenarios. There's no special organ or body part that allows other women to squirt while others physically cannot do the same. This is one of the #1 reasons for writing this eBook: to raise awareness and get all women interested in squirting. Women need to know that this isn't some sort of a magic trick that only a few people can do, they need to know that this amazing sensation can happen to anyone! After getting your woman to squirt, she'll have a deeper, more meaningful connection with her body than ever before, and that really is an important realization. Once your lady finds out how unbelievable this feels, a whole new world will be open for her, and for you, as well. Keep an open mind, keep her interested, and unlock that untapped potential for sexual ecstasy.

What Happens When My Partner Gets the Urge to Pee?

Chances are, you've had this happen to you at least one time in your life. Here's the scenario: you're having a great time, you're in the heat of the moment, and you're having some great, amazing sex; it's dynamic, it's dynamite, it's explosive. You're having the time of your lives in bed, and it's only getting better and better. But then here it comes: "ugh, I have to pee! Be right back. Sorry!" And then the whole mood is ruined. And you know what? She didn't actually have the urge to pee, she had the urge to ejaculate, and she didn't even know it. Hey, if we never ejaculated and felt like it was pee, wouldn't us men think it was pee, too? It's not their fault, it's just a lack of awareness.

Here's what you can try next time: have her empty her bladder thoroughly before sex. And let her know that if she feels like she has to pee, it's not urine, it's her ejaculate. Give her permission to let loose and to just let it go. The hardest thing about squirting is the mental game. If she can beat that, she's mastered the hardest part. Since urine and female ejaculate originate around the urethra, both sensations feel nearly identical. Once she overcomes this fear of peeing during sex, she'll be able to release this wonderful squirt of prostate fluid that will be an experience she'll never forget.

Ask Her About her History of Squirting

I don't mean to ask her about her past partners or sexual experiences, because this will just make things super awkward and uncomfortable. I mean to ask her if she has ever tried squirting, if she has ever heard of it before, or if she has just straight-up ever squirted before. Getting a foundation set will give her a feeling of comfort and safety, and if you let her know that it's okay with you if she does it or tries it, you'll have a better chance of her squirting or at least trying it. The closeness you'll acquire is worth it, and simply talking about it could even push your relationship to the next level. Exploring your bodies is an exciting part of life, and you really can't miss out because you're timid or shy about bringing it up in conversation.

Tell Her Whatever Happens During Sex is Okay with You

Some women are absolute emotional wrecks when it comes to sexual things. Men, on the other hand, are more inclined to think with their penises first and ask questions later or feel things later. That's not to say guys don't care as much, but women are genetically more emotional creatures compared to their male counterparts. Women tend to become obsessed with their bodies, and everything from the taste, smell, look, or size of their vaginas become exaggerated, and this goes double for any squirting that may happen. If they feel that they might pee instead of ejaculate (and if they actually think it's pee), it could make things very embarrassing, and will destroy any possibility of a retry in the future. This is why making her feel comfortable about squirting is paramount when trying to get to the point during sex. If you tell her that if she just lets go and goes with the flow, it's perfectly okay with you. If she knows you won't be shocked or upset with a wet bed and that it'll actually turn you on, she'll be less inclined to hold back her ejaculation. If she finally is able to squirt, she'll even uncover a deeper understanding of her own body, and that's just excellent for anyone involved. Why not love and 100% own the body you have? Encouragement makes any challenge easier to defeat, and this is especially true for squirting.

"Being in my 30's, I always felt I had an abnormal vagina, ever since I was younger. I had looked at pictures and videos of vaginas my whole life, whether it was on the Internet or in porn. I thought there was something wrong with me, and I thought any guy I tried to sleep with would be turned off by my weird pussy. This virtually ruined my sex life, and forget about oral sex! It would never happen in a million years. But then I started reading about squirting and the complexities of the female anatomy, and I soon realized that I wasn't abnormal, I was just different from a lot of other women. I found a new sense of well-being, and after I overcame my obsessive fear of showing people my vagina during sex, I was able to unlock secrets of my body that I didn't even know existed, and I owe it all to **Make Any Woman Squirt: the Art of Squirting**. I guess I should also thank my husband, too. He's the one who told me to read it!" GG, FL

The Anatomy of the Vagina and How It'll Help You in Bed

Knowing your girl's vagina inside and out will undoubtedly help you in bed, whether you're trying to make her squirt or if you're just trying to be a dynamo in the sack. Heck, even both! Without knowing anything about the vagina, you'll be diving head first into the ocean with a blindfold on, and we all know

how that would feel! Not too good, I'd imagine. It's better to learn the basics of swimming, have perfect vision, and know how to navigate an unknown region with a professional opinion on the matter. Or, you know, something like that. You get the picture.

The good part is that, regardless of differences in the way pussies look, taste or feel, they all have the same parts and intricacies. So after you get a good grasp on the makeup of the vagina, you'll be able to make your woman (or women) squirt every time. Guaranteed! Not to mention, when you know what you're doing, that makes you even sexier to women. Who doesn't love a guy who knows what he's doing in the bedroom? Girls love that!

The Clit

This is the most sensitive part of the vagina, and it contains the same amount of nerve endings as an entire penis! Ever wonder why women freak out sometimes when too much stimulation is applied? Now you know why. But being very sensitive isn't a negative, it's an incredibly good positive. While some women will enjoy direct stimulation of the clit with a tongue or finger, some prefer a more indirect approach with just the outer layer of it being stimulated. Whatever the preference, the clit should always be in the back of your mind to pay attention to when you're trying to get your partner to squirt. Remember to use a ton of lube for it, though! A dry clit will ruin the entire experience for her.

The Clitoral Hood (Outside of the Clit)

This little flap of skin sits on the outside of the clit, and provides plenty of stimulation, as well. While a lot of men like to pull it back to expose the clit to stimulate, it's always a pretty good idea to give both some attention. It's unanimously agreed upon that the clit should be given more attention, though. If you were going by percentages, it would be 65% clit and 35% clitoral hood.

The Labia Minora (Inner)

This part of the pussy has a unique shape that most women will show. Some will have a bulging flap of skin on both sides, some will have a hanging flap of skin that may be on both sides, and some may have thinner, smaller flaps on either side. Always give this part of the vagina attention. Lick, suck, massage, or rub, it's up to you. Your woman will be able to tell you which method of stimulation she prefers. When in doubt, go for licking. They love it.

The Labia Majora (Outer)

The outer lips of the labia, so to speak, are yet another important part of the female anatomy. While they do vary in size like just about any other female body part, their impact of sexual competency is unmatched. You should massage this part of the vagina in a circular motion with your index finger, and you may even give them a pull or suck with your mouth. You may even use your thumb in accordance with your thumb for even more stimulation.

The Pubic Bump (Bone)

You'll find that this part of your special lady covers the pubic bone, and depending on how she feels about it, you'll be able to show her new tricks about herself that she didn't even think possible. If you press down on this spot hard enough, it'll feel like someone is grasping her pussy or sort of cupping it. It's a new feeling that most women have not experienced. Think of it as the rear entry to the G-spot if that helps you. It's like how some women know to pleasure the male prostate while gratifying their partners. If you continue doing this until orgasm, she'll be in heaven. This simple technique is something most guys don't know about, and you'll look like a professional if you know this one.

Urethra

If your woman even knows what a urethra is, let alone where it is on her body, you should be impressed. I'll be honest when I say that a majority of the female population have no idea where and what this is, and yet it's incredible at inducing orgasm and a squirting orgasm if stimulated correctly. The urethral opening has an amazing amount of nerve endings on it, and if you rub it with the tip of your tongue or finger (or both), you'll have just another effective technique for getting her to cum hard. You'll find the urethral opening right above the opening of her vagina, although you may have to look a bit higher in some women, as there isn't a definitive height for this.

Urethral Sponge

This is where all the fun happens! Surrounding the urethra, the urethral sponge will feel sort of ribbed or with horizontal speed bumps. Run your tongue along the top of your mouth, and it should feel similar to how that feels. This part of your lady becomes enlarged when she's getting stimulated by you, and you'll notice it get wider and wider the farther along she is in her orgasm stages. The best way to stimulate this is stick your fingers in her vagina with your palm facing up. Then, once you're inside, hook your fingers and do the 'come here' motion inside of her to reach this spot. More often than not, you can use a ton of pressure here to make her feel amazing. Not too much pressure, though, but you can use a lot. The more the better usually is good. She will let you know if you're going too hard, but gradually get harder and harder until you get there. The thicker this feels, the closer she is to squirting all over the place. Think of what you're doing as sort of the test of determining if a steak is medium rare, medium, or well-done. The softer and easier to push down on, the closer she is to squirting. When she's about to squirt, you'll feel like your fingers are about to be sucked into her sponge! This is the most important time to keep going. Whatever you do, do not stop! She will say that it feels like she's going to pee, and that is an even bigger hint to keep right on going.

Paraurethral Glands

These are the Skene's Glands we talked about earlier in this eBook, and these are what fill up with the clear, tasty liquid that she squirts out when she's cumming. While you're pleasuring her immensely, these glands fill up with a clear liquid (not pee!) that, when pushed on with the pelvic floor muscles by the female, will empty their contents into the urethral canal and give us that squirting show that we all love so much. There isn't any way to directly pleasure these, nor is there any way to see how much liquid is being filled inside of them, but trust me: they're there, and they're very important for her ability to squirt for you.

The G-Spot

This is the holy grail of the art of making a girl squirt. Heck, it's the holy grail for pleasing a female to the maximum amount possible, whether she squirts or not! We in the business call this the female prostate, as the liquid that expels from here contains prostatic fluid, much like how males have a similar consisting liquid in their bodies. This is the whole picture in one, and you need to focus your heart out on this special part of the female body. Her ability to orgasm and feel the amazing effects of your sexual prowess all depend on this wondrous spot that most people thought of as a myth until quite recently. Think of the G-Spot as the train conductor at the front of the train making sure the rest of the train carts stay in line with one another and do their jobs correctly and on time. It's THAT important!

"I was on the hunt for some new things to explore sexually (totally normal, right?), and I came across the usual weird stuff that most people wouldn't try in a million years. Gangbang? Threesomes? What do I look like? A 23-year-old college student with a disco ball in my room and a pimp? Come on. But then I came across this thing called squirting, more specifically female ejaculation. At first I was like 'yeah, right. Only guys ejaculate.' But you know what? I grabbed my boyfriend, told him all about it and that I wanted to try it, and gave it a whirl after reading a ton about it. And I actually squirted the very first time! I didn't think it would happen so fast! After the first time, it was pure heaven afterward from then on out. Life will never be the same after you learn how to squirt regularly. It feels amazing!" TR, RI

Give Her Vagina the Discussion it Deserves!

Well, not literally, of course. Unless that's your thing, though. Then, by all means, talk away. But if you do this with a new girl, she may call the police. You've been warned. Awkward!

Anyway, now that we got that out of the way, you should know that your girl's pussy has a subtle motioning language that you could engage with or interact with. If it moves a certain way, if it vibrates a certain way, or if it squirts differently than normal, are all things you should pick up on that could be great clues on how to engage your woman differently. But obviously, your woman knows her body better than anyone else, so you should and could ask her exactly how you can change things up or stimulate her better or differently. By now, you should not be shy about asking her what she needs at the time of stimulation, and your check-ins should be quite familiar, as well. It's needed in order to achieve the perfect orgasm and sexual experience. Being afraid to ask her straight up what you could improve on or do differently could make or break your ability to make her squirt! Also, there's no harm in changing things up a bit. If you do the same thing every time you have sex, both you and her will get super bored eventually. New sexual activities are the spice of life! Embrace them, don't shun them.

Chapter 3

"As a guy, it is sometimes hard to know what your partner is up to while you're having sex with her. I've had women where I could instantly know if I'm doing a good job or not, and they'd even let me know it! I can't even tell you how awesome that it is. Not only does it give me a boost of confidence, but it also helps me know what I'm doing right and should continue to do. But then I've had girls who were the complete opposite, and that's when things get scary and awkward. They would just sit there, maybe

make a moan or two, and I'd get no feedback to whatever I was doing at the time. Gee, thanks! Not only do I feel like I'm failing really hard at pleasing you, but I have no idea if you're going to orgasm or not. The women with minimal feedback are why you need to learn all about the female anatomy and about squirting, because even if you don't see or hear anything, you know that they're having an amazing time. It's all about the knowledge! Plus, you can see it in their eyes." FR, NY

So Why Does Playing with Her G-Spot Cause Her to Ejaculate? I don't Get it.

Well, we know that the G-Spot is referred to as the female prostate, and this is where all of the amazing sensations come from initially. Plus, the Skene's Glands are located here, and those are what cause the clear fluid known as the female ejaculate to fill and expel from the vagina. It's only common sense to think that the G-Spot, where the Skene's Glands are inside of, would make your girl ejaculate hard and a lot! Giving special attention to the G-Spot is just another tool in your arsenal that you should use to make her squirt a lot and often! Ignoring the G-Spot is like trying to make a peanut butter and jelly sandwich with a can opener: it simply does not work as well, and it's more effort than it should be.

Now Let's Go Over Some Myths, Legends, and Common Misconceptions About the Female Anatomy

Myth: I know some women have a G-Spot, but most of them don't.

Truth: Biggest lie ever! Every woman has a G-Spot. That's like saying some females don't have skin. Just silly! It's a part of the female anatomy, and every female has one. This is good news, huh?

Myth: Women who squirt are just shooting out pee. Gross!

Truth: This fluid has been tested time and time again, and it contains no traces of urine whatsoever. In fact, it contains prostatic fluid, which is similar to the type of fluid found in males. This is how we know for a fact that it is not pee. Stop saying it!

Myth: There is no such thing as a G-Spot, it was just made up by some guy who was bored one day

Truth: There is a G-Spot, and it's referred to as the female prostate. Men also have a prostate, and both prostates develop similar fluid. Fun fact: stimulating the male prostate is sort of like the G-Spot for men.

Myth: Even if there was a G-Spot, it's deep inside the vagina and barely anyone can reach it without some sort of dildo or super long fingers.

Truth: The G-Spot is smack dab in the front of the vagina, and if you ask her gently to bend over to see it, you can see it clear as day with no touching at all. It is not hard to find, and just about any male with good eyesight can see it from a mile away.

Myth: If my girl's G-Spot isn't open to being stimulated and she doesn't even feel pleasure from me touching it, she can't squirt. Period.

Truth: This is also wrong. While more rare, some women simply do not have an active G-Spot right away. This may be due to not enough sexual encounters, or it may simply be due to not exploring her

body enough. An underactive G-Spot can be awakened over time with stimulation, and after some time, she'll be able to squirt and have a fully functional female prostate.

Now that we've hammered some of the myths about the female anatomy, let's discuss some of the different orgasms a girl can have.

Here are Some of the Different Types of Orgasms a Woman May Have

Unlike men who only have a couple of ways to stimulate an orgasm, women have enough ways to orgasm to fill up both sets of fingers on both hands. Lucky them! While the most common type of orgasm is clitoral (because that's what she mostly touches when she masturbates or when you play with her). But there are a plethora of orgasms that she can experience, but you just need to know how to wake them up and get her into a whole new level of sexuality.

Clitoral: this type of orgasm can be achieved simply by stimulating her clitoris tissue. The most common type of female orgasm. She should know this one by heart by now.

G-Spot Orgasm: this is the second most common type of female orgasm, and you can get her to achieve orgasm by stimulating the G-Spot in the many ways I have mentioned.

G-Spot and Clitoris Orgasm: this type of orgasm works by working both of these parts of the vagina simultaneously. This is one of the most powerful orgasms she may achieve. This one is recommended!

Anal Orgasm: I'll be honest: most women do not care for anal sex. But the ones who enjoy it are exploring a brand new world of orgasms that they never knew possible. Her anal cavity is very sensitive, and can give her orgasms much like stimulating the vagina. If you can, work her clit at the same time, or have you rub it while you have anal sex.

Cervix Orgasm: working the cervix and/or uterine lining is tough to do, and you'll need to be quite experienced to get this orgasm to happen. Try pushing in as far as you can in an upward position to make this happen.

Full-Body Orgasm: this isn't really a part of the female anatomy, obviously, but if you give her a strong enough sensation, her entire body will pulsate and vibrate. You'll know when this kind of orgasm has happened. She'll usually get this orgasm while squirting.

Squirting Orgasm: this is the king of all orgasms, especially if you're reading this eBook right now. By stimulating the G-Spot, clit, and maybe the anal opening for even more pleasure, her Skene's Glands will fill with clear liquid, and once she pushes hard enough when they're full, she'll have a squirting orgasm, which may accompany a full-body orgasm, as well.

The G-Spot and clit orgasm is the easiest and most common type of orgasm for a woman. If you're not interested in trying any other orgasm type than the squirting orgasm, focus on clit and G-Spot stimulation.

You should also know that an orgasm can happen separately from a squirt from her vagina. While her squirting usually means she's orgasming, a squirt can happen with or without an orgasm to accompany it.

The Word 'Squirt' is Often Misleading

Truth be told, even just a few drops of liquid coming out of her vagina or just a slight gush are considering 'squirting,' too. Most people think that, unless she shoots liquid in the air several feet, it doesn't count as a squirting orgasm or just a squirt in general. This is not the case, and here lies the misconception with squirting. People who watch porn get the wrong idea and think all women should have a 6-foot squirting orgasm, but the fact is that most women may only gush liquid or squirt a foot or less. The amount of liquid that comes out of her pussy when she squirts all depends on several factors: how aroused she is at the time, how much stimulation her G-Spot and other important parts of the female anatomy are getting during the whole sexual encounter, and how her diet and liquid intake has been that day. Yes, her diet plays a key role in squirting! If she is severely dehydrated, the body has a safety mechanism in place to prevent the Skene's Glands from expelling too much liquid, or any liquid at all. Your body can tell if it has enough water in it, and it would not waste any of it just so your girl can shoot it all over the bed! To increase results, make sure she is hydrated and has a good, balanced diet.

Getting Her to Orgasm and Squirt Through Sexual Intercourse

The numbers don't lie: many, many women have a hard time achieving orgasm or squirting through sexual intercourse alone. Nobody knows for sure, but it's mostly likely due to the fact that the penis can only stimulate so much when everything else is being ignored. The clit, for instance, is tough to engage when you're in the middle of a hard sexual intercourse episode. In addition, the G-Spot may be hard to reach with only the penis as the tool. This is why it's important to learn how the penis can be used in different ways to hit that G-Spot and to really get her going. One tip I've always used was to get her involved. Ask her to play with her clit while you bang her. This will juice things up for sure, and get those Skene's Glands going!

Find That G-Spot!

We've already gone over this: all women have a sweet G-Spot that is just begging to be handled. It's right in front of the vaginal opening, and it'll vary in size. There are big G-Spots and there are small G-Spots. I prefer the bigger ones myself because they're easier to spot, but they're all the same once you know what it looks like. The best way to find it is through exploration and tissue stimulation. Once she gets more and more aroused, it'll be easy to spot and touch. The female prostate has erectile tissue that becomes engorged when it's aroused. The more and more you pleasure her, and the more excited she gets, the easier it is to spot! Women can actually push the G-Spot out a little bit once they are comfortable with their bodies, so if you can't really see it just yet, you could even ask her to push a little bit. Couldn't hurt to ask, right?

The G-Spot can Unleash a Torrent of Emotions that May be Extreme

You should prepare for a whirlwind of emotions that may be unleashed when you're stimulating her G-Spot hardcore. The female prostate is surrounded by bushels of muscle tissue and nerves that induce anything from ecstasy to fear to sadness. Depending on what your woman has been through in life, the G-Spot could cause her mind to dive in a chasm of emotions. If she cries, it may mean she had some sort of traumatic experience, or it may mean that she is feeling so good that she simply cannot stand it! More often than not, unless there are some deep seeding troubles, she'll moan and be happy when you're going to town on her G-Spot.

One important thing you should remember is to remind her that it is completely okay to let loose and to not hold back anything, even if her emotions may be temporarily negative. It's completely natural, and she should feel completely at ease when having sex with you. A good crying session could even provide a psychological release after you're both done having sex and trying to get her to squirt. After you're finished, she may even feel like a weight has been lifted off of her shoulders. Just tell her to let it all out no matter what your reaction is. Try not to be shocked or taken aback by her reaction, because they may lead her to holding back or stopping the sexual encounter altogether, and that's no good for either one of you. This experience may even strengthen your relationship after all is said and done.

Be a Rock

If your lady knows that you're an emotional rock that can absorb and appreciate all of her feelings, it'll create a seriously awesome connection in your relationship that cannot be broken easily. She'll be so happy that you understand her feelings that she'll look up to you as a trustworthy figure, and there is little that can top that feat. As much as you, as a man, may not want to sit there and listen to her spill her guts out or cry for an hour, it could be what you two need to get over a hurdle or some problems you both may having. Whether she was raped, molested, or had any of sexual problem that may have occurred in her life, you need to be a presence in the room that says 'it is okay, and I understand what you're going through.' This experience can be cathartic for both, and allowing her to open up to you, as difficult as it may be, is enough to make a transformative transition in your relationship. If you're able to work with her on this level, it will absolutely help your sex life, because she will open up more and feel more comfortable sexually. She'll learn a lot about you, and she'll also learn a lot about herself, as well. This is tough to accept, but it may be a necessary part of your relationship.

"I am a rape survivor, and as you'd probably guess, having sex is sometimes very difficult for me. What I found was that, once I got involved with a man and had great feelings toward him, I'd shut down when it came time for sex. I don't know, I just felt those emotions I felt when I was being raped every time I'm faced with an opportunity to have sex. It brings back all of those painful memories, and I can't even get started, let alone enjoy it if we even got as far as the bedroom. I eventually found a sexual healing eBook and it helped immensely. I learned about this thing called squirting and how the G-Spot can be a way to open up and get over sexual hurdles. By stimulating my G-Spot and squirting, I was able to have sort of a counsel session with myself to really work on my issues. It was sort of a psychologist session, if you will. Upon stimulation of my G-Spot, I began to cry and shake uncontrollably. But it felt

great. I fought through the pain and emotion, and kept right on going. My whole body was shaking, and I was bawling so hard. I felt a huge amount of energy released from my body, and after I squirted and had an orgasm, I felt like I was a new woman. The rest of the week felt like I was never raped, and then it came up to a month, and then a year. I realized that, after having overcome this traumatic experience, I was a happier person by a long shot. I am happy to say that I am now in a healthy relationship, and the sex is great! I still have more work on my plate, but I could not have gotten this far with help from this book. Thank you so much!" PR, Missouri

Giving Her G-Spot a Jolt of Energy!

Like I mentioned earlier, some women have just not had anyone stimulate their G-Spot at all, and this could create some 'rust,' if you know what I mean, and it needs to be shaken off in order for her to get a full sexual experience. Even if she loves sex, it could feel even better once you wake her G-Spot up and get things moving again. By giving her G-Spot a boost in the energy department, you're actually forming new bonds between her brain and her pleasure receptors. In all actuality, you're helping her brain develop into a healthier, more open entity than before you started. Pretty cool, huh? Tell her that! She'll be even more open to the idea!

Some kinds of feelings she may have when you're giving her G-Spot a work out:

- Uncomfortable pressure or pain
- Numbness in some parts of her vagina
- The feeling that she needs to urinate
- A greater ability or urge to orgasm (this is the good one!)

Like we've gone over in the past, and I'm going to keep hammering this point home so it sticks, the feeling of peeing is a good thing, as this means her Skene's Glands are filling with fluid and she can squirt it out if she pushes hard enough. If her G-Spot is awakened with some help on your part, it'll be even easier for her Skene's Glands to fill up and give her the ability to squirt.

The Anatomy of the G-Spot and Where You Should Focus Your Time and Energy

Getting to know her G-spot inside and out will help you and her to squirt and have more awesome orgasms. Getting the full focus of her G-Spot will only help your sex life, so it's important to know all about it. Here are the most important parts:

Right Behind the Almighty Sponge in the G-Spot

The sponge in the G-Spot is a wealth of nerves that feel damn good for a woman, and if you give this good stimulation, she'll feel like a million bucks. It's highly sensitive, and it can be found internally behind the clit and right around the front of the G-Spot. It should feel somewhat hard, but you'll know you have found it when it feels ribbed. You should use your index finger to feel around for this magical spot. She may not even feel anything special if she hasn't experienced

this part of the G-Spot yet, but just like the entire vagina as a whole, it can be stimulated and 'wake up' eventually with enough time. More than likely, she'll find more pleasure than she even thought possible, and after more time passes, she'll wonder how she even orgasmed in the past without the back spot of the sponge getting some help! Every lady has slightly different anatomies, so you may need to do some good detective work in her vagina to definitively find the sponge and the back of it. There's nothing wrong with asking her if she feels different, either. It's all part of the game.

The Front of the Sponge

Giving the front of the G-Spot sponge a good tapping, licking, or fingering is enough to make any girl quiver with orgasm. It's one of those secrets that make being alive worthwhile, and she'll have the highest possibility of a squirting orgasm by giving this some attention. It is located right where the urethral opening is, and you can even see it, which makes things easier for you. There is erectile tissue here, as well as plenty of nerves that will send her into a frenzy. It's no wonder some people call this the Mecca of squirting for some women. Like the back of the sponge, she may need some time before this wakes up, as well. But most women will be blown away when you start stimulating this.

Toys that Will Make Reaching the G-Spot Even Easier

The sex market is chock full of toys for both males and females. If you even do a rudimentary search on Google, Amazon, eBay, or any other popular buying website, you'll find any number of sex toys, including G-Spot stimulators. I recommend a vibrator that has a hooked end to reach that G-Spot effectively, a dildo that hooks upward to also reach the G-Spot, or even an apparatus that does all of the above. Whatever you choose, make sure it is long enough and has a curved end so it hits her G-Spot. If it's just a long dildo that simulates a penis, she is missing out on a whole different dimension that will be needed to make her squirt, whether it's just the first time or if you want to do it every time you have sex. Remember that you don't need to spend a fortune on a toy to get the desired effect. You could just as easily give your girl great orgasms and make her squirt with a \$15 toy than a \$100 toy. More money spent doesn't always mean better orgasms. Stay away from obviously promoted toys, as well. What I mean is that the Ron Jeremy or Jenna Jameson toys will be inflated in price simply because everyone knows their names. You can buy the same or similar toys right next to those in the same aisle. Don't get sucked in by marketing.

The 'Come Here' Gesture

We've mentioned this a few times in this eBook already, and even mentioned how it works and what it does, but let's go into more detail so you are a pro with this technique. It's the best motion for rubbing that G-Spot and getting her to ejaculate. Hands down. That's why we need to explore this subject further.

So what's the idea behind this gesture? Well, to stimulate that precious G-Spot, silly! You take your index finger and your middle finger, place them side by side, and hook them upward. This is the gesture. Next, when you're inside the vagina, you'll go in, up, and then hook the G-Spot after you've passed the urethra canal and felt around for the female prostate. You know you're close when you feel the ribbed walls, and then you'll finally reach the G-Spot. As you're hooking upward with the 'come here' gesture, you'll feel her vagina contract and constrict. This is good. This means it's working. You'll also feel her pussy getting wetter and wetter, and you may even hear some squishing or squirt noises. You should experiment with the level of pressure and speed that she enjoys the most, but you should always start out slow and light and then gradually increase the speed and pressure as appropriate, no matter which style of woman you're with. As she becomes more aroused and her Skene's Glands fill up with ejaculate, you can increase pressure and speed until she gets the 'I have to pee' sensation. Once she pushes out, she should squirt all over you!

Using the Frontal Sponge to Your Advantage with the 'Come Here' Gesture

As we mentioned in the G-Spot section, the frontal sponge is an important part of the G-Spot that must be given attention to give her maximum orgasm. Once you've got her plenty aroused with the 'come here' gesture, it's time to move onto further stimulation, with the frontal sponge being a good secondary point to look toward. The frontal sponge is located right at the front of the vaginal opening, right past the urethral opening, and in the ribbed region we mentioned. This is very sensitive, so you'll notice her squirm even more than usual once you've reached it, so you'll know immediately that this is the frontal sponge you're looking for.

As you're doing the 'come here' gesture, you could either use another finger or another hand to give attention to the frontal sponge. Maybe try slapping, licking, or tapping the vaginal opening or just inside the vaginal opening for maximum effect. While some girls like it harder than others, you should always start lighter and work your way to harder slapping or tapping. This motion will help her squirt, along with the 'come here' gesture.

The Feeling of 'I Really Have to Pee' Will Make its Appearance Probably

When you're going to town on her G-Spot and around her urethra, she will get the feeling like she has to pee when her Skene's Glands gradually fill up with more and more liquid. As the urethra also serves as a conduit for urine, the sensations feel the same to her brain. It's not her fault, it's just that her brain can't tell where the fluids are coming from when she's in the middle of a sexual encounter. Blame it on the human body! Just simply remind her that it's okay to make a huge mess, and that's why you're both trying this in the first place. Hopefully, she'll be able to overcome any shyness or awkwardness about just letting loose in order for her to squirt. After all, that's why you guys laid down towels before you began having sex. Let her body roam free to do as it pleases, and just tell her that, whatever happens in that bed, you'll take care of it. If she feels she'll have to clean up a huge mess after you guys are done, she may not push out hard enough to squirt, or if she actually does squirt and it's a huge mess, she'll be less thrilled about giving it another go in the future.

But once she finds out how amazing her body truly is, she'll have no qualms about letting loose again!

Remember to Give the Clit Plenty of Attention, as Well

The 'come here' gesture and the frontal sponge stimulating are all awesome for getting her to squirt, but don't ever forget about the clit, one of the most sensitive and nerve-packed parts of the vagina. Ignoring the clit is like ignoring Albert Einstein if he was trying to teach you about his Theory of Relativity. Yeah, just complete nonsense!

The clit is a woman's best friend on the outside of the vagina (and partially inside). It's the best part of the outside of her vagina that can really make things interesting in bed. Giving the clit plenty of attention will make her orgasms more explosive and make her urge to squirt even greater, so while you're inside doing the 'come here' gesture, lick the clit or give it a nice rubbing with your other hand.

Blended orgasms are the king of orgasms, so using an assortment of techniques on different parts of the vagina is the best thing you can do when having sex. Playing with both her clit and G-Spot is a great way to get a blended orgasm that she'll never forget. You should notice things getting very juicy down there if you're at the top of your game. Once her vagina constricts more rapidly and severely, you should know that the Skene's Glands are at maximum capacity, and it's only a matter of time before she pushes out a big squirting orgasm.

The Many Ways to Stimulate Her G-Spot

The G-Spot loves to be tickled in many ways, and there are plenty of great ones that you'll want to use over and over again to give her the best orgasms and squirts of her life. Here are the best ones:

- With your fingers
- G-Spot Toys
- Curved Dildo
- Your penis
- Anal play

All of these techniques stimulate the G-Spot effectively, but it's up to you and her which methods work best for you. Not all women like anal play, and not all women may want to use toys regularly in bed. It just becomes a matter of which ones you prefer as a couple and which of them make her orgasm better. Explore all of them and find out which ones you like. The most common are penis and your fingers for obvious reasons. Don't be afraid to get out of your comfort zone and explore, though! It's never too late to try something new, and don't be afraid of things getting awkward because the two of you have never used toys or done anal play before. If neither of you have done a certain sexual thing, it could become sort of a bonding session for the two of you. Afterward, you may even have a new avenue formed in your relationship that was never there before. You'll never know unless you find out. The worse thing that could happen is you just don't try it again, right?

"My husband really knows how to make me squirt now. He has this sex position that allows his dick to curve up and hit my G-Spot every time he goes in and out of me. He would also rub my clit at the same time as his dick would hit my G-Spot and upward. The first time, it felt like he was hitting a new spot of my vagina that I had never felt before. It was amazing. And after about 15 minutes, I felt like I was going to piss all over the bed. I almost stopped, but then I said 'whatever happens will happen, and I am not holding back.' What happened next amazed us! I squirted all over the bed! We thought it might be pee, but it didn't really smell like pee. In fact, it didn't have an overly aggressive odor at all. He even wanted to taste it just to be kinky, and he said it was sweet and salty, and nothing like pee whatsoever. I think the fact that he was able to hit my G-Spot and sort of plug up my hole to allow the fluid to build up really made me squirt hard. We do it every time now. How could we not? And it feels amazing. My orgasms have never been better or more explosive." GP, VA

Making Her Use Her Pubo-Coccygnes Muscles to Her Advantage! (PC Muscles)

While they do indeed have a funny name that may confuse people, the pubo-coccygnes muscles (Or PC muscles) run throughout her entire pelvic region, from her clit all the way back to her butt and beyond. They're complex pathways that intertwine nerves every which way, and they make her sexual sensations as strong as they are. Without them, squirting may not even be possible. There are three major sets of PC muscles that you'll be most interested. The first set is deep inside the vagina, right near the cervix. The second set in the front of the urethral opening, right near the entry of the vagina. While these do certainly help her orgasm, their more basic role in the female anatomy is to stop and start the flow of urine. Without them, she'd be unable to control her urine flow. How embarrassing would that be? And the third set of important PC muscles are also inside the vaginal canal, right next to the anal cavity. They're there to provide basic function to the female body, but they also aid in squirting. Let's clarify one thing, though: they're still very much a connected network of muscle tissue. All of them work together, and all of them respond to one another. I just use the word 'set' to describe the different areas of the PC muscle network to make it easier to understand. These are the very same muscles that she will use to push out her fluid from the Skene's Glands and make her squirt!

Why is Learning About the PC Muscles so Important? Do I really Need to Know this to Make Her Squirt?

Of course! Otherwise, we could have skipped that whole section, right? We already went over how the PC muscles provide basic function to the female body, and we also noted how they allow the girl to push out her orgasms. But let's break down their specific functions, shall we? After thorough research, it was found that the PC muscles help with:

- Pushing out fluid when squirting
- Filling her body with orgasm after orgasm
- Strength of orgasms
- Sexual pleasure for both parties involved

- Helping with the control of urine
- Keeping the vagina regulated and healthy with proper blood flow control
- The sensitiveness with her clit, inside her vagina, and the G-Spot in general

Pushing Out Will Be a New Experience Most Likely

She will most likely need to practice using her PC muscles outside of the natural usage of them, such as when she's urinating or having a baby, for instance. Outside of those instinctual uses, it may be hard to voluntarily engage them to squirt and have more forceful orgasms. Tell her to get used to pushing out while squeezing them, and perhaps get her to try working each 'set' of muscles differently to get it down perfectly. She needs to get over the fear of peeing, because pushing on these PC muscles will feel eerily similar to pushing out pee. She may even have a fear of passing gas while pushing, which may also happen. You just need to let her know that all of this will be okay, and you may even have a hearty laugh if she does pass gas. Just let it pass, be merry, and get her to get used to using those muscles. Any embarrassment will put a damper on her ability to squirt, so she must overcome this fear of pushing out.

Chapter 5

Give Her the Ability to 'Have an Orgasm'

I wrote 'have an orgasm' in quotes as if to mimic the phrase 'have a baby,' because that's essentially what she'd be doing if she's using those PC muscles correctly and efficiently. Most women have a tendency to hold their orgasms in instead of pushing them out like they should be doing, and this creates tension and lack of feeling in the vagina. So much so that it may even impede her ability to orgasm at all if she is holding back hard enough. But for most women, the orgasm will have a sort of inward momentum, and while it feels great, it can be much better. And as for the case of trying to get her to squirt, it's an uphill battle if she's holding her orgasms inward instead of outward.

This is why it is important to let her know it's okay to let loose in order to put her mind at ease. Not being able to let go is more of a mental issue and is probably the most severe cause for lack of completion and squirting. Once she overcomes this, she can conquer the universe in bed. One thing you can try is, while you're pleasuring her G-Spot and she's clearly filling up with clear ejaculate (as you can hear swishing noises), ask her to push out right then. If she's really letting loose and giving her PC muscles a work out, she should squirt at least a little bit, or at least have much more intense orgasms.

Once she learns how to let go, it'll open up a new world of squirting for the both of you.

Pushing and Holding Back: a Delicate Balance

Whether she is giving birth or simply just trying to have a better sex life, she is using her PC muscles to push or hold back. Holding in and pushing are natural muscle movements that she should be somewhat familiar with at this point. The predicament comes into play when you try to figure out when she should

push and when she should hold in. If you can replace the profound pain she experiences when giving birth with intense pleasure instead, you've done your job well!

Holding in is what we're trying to navigate her away from, because we're trying to get her to squirt. She should only be holding in while trying to orgasm if she simply does not want to make a mess and squirt. But where's the fun in that, right? Let it go!

So, whether she is afraid to make a mess or not, encourage her to push out as if to simulate giving birth while you're pleasuring her sexually. If she can imagine herself doing this, she just might ejaculate right there. It's up to you guys to determine how much pushing is enough and how much is too much. She shouldn't be pushing so hard that she's running out of breath, but she should be pushing out enough to feel her urethral canal filling with liquid and ultimately squirting it out in an intense state of orgasm. She should feel free and open, and pushing out is a very natural occurrence for the female body, so she may be more comfortable, thus paving the way for the almighty squirting orgasm! So, you see, the delicate balance between holding in and letting go is the difference between a life of ultimate pleasure and a life of medium-sized orgasms. You need to hop over that hurdle as best as you can.

Is There a Best Time to Have Her Push Out?

You can say that again! You should absolutely know the perfect time for her to push out, otherwise her muscles will be so overworked from pushing out the whole time that she'll feel exhausted or like she's going to the gym. That's no good. Here is when she should be pushing out:

- When she is at peak arousal
- When you hear her ejaculate building up and swirling around inside of her
- When she says she feels like she is going to pee all over the bed
- When her orgasm is about to hit
- Right in the middle of her orgasm

Top Tips for Getting Her to Squirt

- If you're having sex with your penis and she is about to ejaculate, remember to pull out of her so that she can squirt. If you don't, the blockage may impede progress
- Make sure she has a good diet and has been drinking a ton of water so that her Skene's Glands are able to produce enough liquid for squirting
- Recommend that she use the restroom prior to sex to alleviate any doubts in her mind about her peeing all over the place
- Use those special G-Spot toys we talked about earlier; they'll be godsends for stimulating that G-Spot enough to get her to squirt
- When she gets really close to orgasm or just before it, tell her to push out as best she can without straining herself so she can squirt
- Use the G-Spot and clit stimulation method to obtain maximum arousal
- Remember to tell her that it is okay to let go and make a mess, and remind her that it will not be urine

- Put down a bunch of towels or other absorbent materials so that you two don't have to clean up a huge mess after you're done
- Tell her about her all important PC muscles and how they will help her squirt
- Make her super comfortable, and set the mood as best you can; having a proper mood will increase arousal
- Try to extend your sex sessions gradually so that her Skene's Glands have enough time to produce ejaculate so she can squirt. Shorter sessions may not provide enough time to build up adequate juice

Remove Any Obstacles from Her Vagina When She is About to Squirt

When I say obstacles, I mean your penis or any toys you two may be using. Sometimes, if her urethral canal is completely blocked off, she will have a hard time ejaculating, if anything even comes out at all. This is no good, so when you feel like she is pushing harder and harder, it could be a good idea to pull out and pleasure her in other ways, such as licking her clit and using one finger to touch the G-Spot.

For some women, this isn't a big deal, as they may have enough juices pumped up to push past the object. But for the majority of women, having your penis inside of her while she is trying to push out her ejaculate will create a sort of dam scenario. The only way to flood the dam is to remove the obstacle.

You two will know the precise moment when you should pull out and let her ejaculate. Too soon may delay squirting and too late may push it all the way back in. When you feel her contracting around you and trying to push your dick out, that's a good sign that she is about to burst. The same goes for if your fingers are deep inside her, as well.

A good thing you can do after your penis or toy is out of her is to rub her vaginal opening with two fingers as fast as you can, and you can also stimulate the G-Spot, too. This extra burst of pleasure should be plenty to get her to squirt, as she's already about to orgasm anyway. You're just helping her get over the edge because your cock is already outside of her to allow her to open up.

"I have gotten tons and tons of women to squirt, and it's not as hard as you may think. It all comes down to practice, technique, and time spent giving it a try. One thing I learned was that, when she's pushing my fingers or cock out, she's about ready to squirt all over the place. This is a dead giveaway for any woman, no matter who you're having sex with. I do this over and over again multiple times. Once she squirts once, I go right back in until I feel her building up and trying to push me out again, and then I pull out. I did this to one girl five times in a row, and it was amazing for both of us. I discovered that women don't squirt as well or at all if you don't pull out first after they do the pushing out act. I'd recommend pulling out for sure." JC, GA

Squirting with Intercourse Only

Making her squirt with intercourse alone is fairly difficult if you're just beginning with squirting. In fact, making a girl simply orgasm through only intercourse is a challenge for most. There's nothing wrong

with men in general, but a lot of women simply aren't getting enough stimulation to orgasm, and usually need more help from other parts of the vagina. But it certainly is possible to get her to squirt from just using your penis alone. It won't be easy, but it certainly is possible.

The best positions that I've found to have the highest possibilities of making her squirt are:

- Doggy style
- Reverse cowgirl
- Anal sex with clit stimulation

There are surely other positions that will hit her G-Spot and make her squirt like crazy, but I've had the most success with these particular positions. The most important thing is that she needs to be aroused before any sex happens, so make sure your pre-game is up to par. Set the mood, make her feel really good, and maybe start with oral sex to get her warmed up and the juices flowing. Remember: once you feel her juices building up and her PC muscles closing around your cock, she's getting closer and closer to squirting. Once you can tell she's there, pull out and let the magic fly!

Using Teamwork to Come to a Common Goal

Making her squirt doesn't have to be a one-man job. In fact, it's much better to have both parties involved to have a greater chance of squirting happening. Not only will this make her more orgasmic, but it'll help those ever important Skene's Glands get to work and produce more ejaculate. Maybe while you're fucking her with your dick, ask her to rub her clit at the same time. This teamwork will make the sensations even more incredible, and it'll almost always turn the guy on even more. The same could be said if you're using a G-Spot toy: ask her to rub her clit at the same exact time as you're inserting the toy. Make sure she really gets into it, because it'll help those juices flow. Start slowly and work your way up to faster motions for both of you. This will also help you get her to squirt or orgasm from intercourse alone, because her clit is so sensitive that it'll make it incredible for her.

Some women have a hard time touching themselves in front of other people for some reason. Men normally don't have this problem, but more women than you'd think have this problem. Perhaps it's a privacy issue, or perhaps it's a personal appearance issue. Whatever the case, you should and could try and get her to be more open with her body in front of you. Maybe coach her through it and tell her it is perfectly natural to be a bit shy about touching yourself in front of someone. You could also tell her that her body is beautiful and it would be an honor to watch her touch it. Whatever works for you, basically. I wouldn't get too hard on her if she simply will not do it, because that will ruin the whole mood. You don't want to bug her constantly about it, but simple encouragement couldn't hurt.

The Yoni Massage

The yoni massage refers to vaginal stimulation only. In other words, this session would be dedicated to her and to her only. While it may be tough to lay off of yourself getting pleasure, it's a great bonding

moment that she'll surely appreciate. And who knows, she might even return the favor right after you're done or perhaps on another night.

In order to make the most of a yoni massage, you'll want to make her as comfortable as possible. I'd recommend a soft bed with a space for her head to get plenty of air. If you have a massage table, that would be even better. You're going to be incorporating a full body massage, complete with intense muscle presses and kneads, with the pleasure of getting stimulated in the vaginal region. You'll want to pay special attention to the inner and outer labias, and you'll want to use your fingers and tongue to the best of your ability on her pussy. You want to explore, and take this moment to really get to know her body. Move your fingers and tongue like you're a classical musician, making the whole orchestra bend and swoon to your every whim. You want her to feel as amazing as possible, and you should watch her in ecstasy as you're pleasuring her.

"I simply cannot orgasm with a guy I am not comfortable with. It does not happen no matter how hard I try. I also sometimes prefer to keep my squirting to myself, otherwise the guy will make it a habit to really work at it. But then most of the time, I like to tell them all about it so they have a goal to work toward. It's usually amazing, and makes us both so aroused when I do squirt. Ejaculating is a feeling like no other, but the common thing I had in mind when I did squirt was that I felt safe, taken care of, and loved by the guy I was with. The ones I didn't squirt with I simply did not feel that way. One thing I found to always make me squirt was dirty talk, or some other form of verbal stimulation. It also depends on my mood that I'm in that day and whether I will squirt or not. But overall, it really depends on how well loved I am and how our relationship is. The more comfortable I am, the better." KL, CA

Putting All You Learned to Good Use - Couples Exercise

Here it is, the moment you have been waiting for. You have learned a ton since we started, and you're ready to put it all to work with that very special couples exercise we discussed at the beginning of this eBook. With some practice and hard work, and plenty of stimulation from both parties, you should be able to successfully make her squirt!

First, you'll want to give yourself an amateur or professional manicure. The importance of having smooth, gentle, and fairly short nails could be the difference between utter failure and amazing success. Having jagged nails may cut your partner, or they may give her uncomfortable sensations that you want to avoid at all costs.

You'll also want to wash your hands once or twice to make sure you're not going to be inserting anything gross into your girl's vagina. That's not good for anyone, trust me. Wear comfortable clothes, make the bed as comfortable as possible, grab some water just in case you need it, and anything else you may need in the heat of the moment; this won't be your average sex session so be prepared.

You may also want to lay down some towels to absorb any potential vaginal juices that may squirt out. It'll save your mattress and sheet at least.

Next, it's time to get physical. Get behind her and spoon her like you normally would if you were doing the usual sex positions. Make sure your hands have easy access to the vagina and clit, and make sure you have enough finger length to insert into the vagina; enough to curl your fingers is plenty of room.

What I mean by 'curl your fingers' is sort of a 'come here' gesture. It's an easy technique for hitting her G-spot effectively every time.

Now, we're going to move on to the pleasurable part. Start playing with her pussy, and start making her hot and wet. You'll want to rub the clit, insert a finger or two, and massage the G-spot with the 'come here' gesture. Do this for a solid 5 or 10 minutes, or until you feel it is appropriate to move on to the oral stage.

Get right in front of her vagina, and using your tongue, lick in a clockwise motion and counter clockwise motion. At the same time, insert your fingers in the 'come here' gesture, massage the clit, and grab her breasts on occasion.

While you're doing all of the above, ask her on occasion for any feedback, whether positive or negative. If she gives you negative feedback, try changing your stroking motions with your fingers or tongue, or ask her what she'd rather you do. Girls know their bodies better than anyone else, so they're the best people to ask about this!

Keep rubbing that clit, the outer lips, the inner lips, and move into different zones that you feel would be best for her.

You'll want to do this for a good 30 minutes, or however long you think it'll be pleasurable. If you get bored of this part of the exercise, feel free to cut it down to 20 minutes. What can also spice her up is if you have a hand mirror to show her what you're doing down there. As a guy, you know how hot it is to watch what a girl is doing to you. It's no different for women, as they get turned on by watching what you're doing to them. This could tag on the extra 10 minutes that you're lacking if you need an ace up your sleeve.

All of this exercise can and should be used with a lubricant to ensure proper mobility and smoothness. A non-water based lube is perfect, as you'll find they work better for internal techniques. Water-based lubes are fine for outer contact or for initial sexual contact, but for a longer amount of time, you'll find that they wash away too fast if you're trying to get her to have a squirting orgasm.

So, as you're warming up the lube with your hands, get mentally ready for the next part. Use one hand to rub her clit in sort of a windshield wiper motion, and make sure it's as constant and steady as possible; the same amount of feedback in strokes ensures optimal sensation for her. Take your pointer finger on your other hand and insert it into her vagina. You'll want to do the 'come here' gesture again, and find her G-spot.

Do this for 30 seconds at a time, and if you feel the need to change it up a bit, you can try twisting your fingers, kneading them, or pulling them in and out sort of mimicking a penis movement. Alternating your techniques is the key to getting her to squirt, so don't be shy in trying new and different things here.

After another five minutes of that, you could move on to squeezing her nipples and breasts to give her even more feeling. Again, let her be the judge of what you're doing. If she likes something more than the other, she should let you know to switch back to what she feels is the best for her. She'll be in an intense situation with you going to town on her, so don't expect her to be an open book. She'll give you short snippets of information that you can use to your advantage, so don't ignore anything and keep your ears wide open. This also gives you a chance to take a small breather and give her a break, as well. This is hard work for both of you!

If you're doing it right, you should start to feel her pussy swell up around your fingers, sort of like it's trying to push you out or crush your fingers. This is good! Keep going. The contractions should become more frequent and should become increasingly stronger for her. She'll moan louder and louder as the feelings down there become greater and greater. This is usually a sign she's about to orgasm and squirt.

If her vagina becomes too compressed, you can now move your fingers in and out of her, and this is always the perfect time. If you can still fit your fingers in just fine, keep up with the trustworthy 'come here' motion with your fingers.

Just keep going back and forth, back and forth. You need to get creative here, and use your fingers and tongue like a magic wand.

Increases the speed and pressure of your technique as she gets closer to orgasm. Go faster and faster. Since you've been as it for awhile, this faster motion will feel appropriate. It's always good to gently get faster over time and not to start off out of the gate going 100 mph.

Don't be afraid to grab more lube if you need it. Using a non-water based lube is your best asset, but like any lube, it'll get thinner over time. You have plenty of it, so don't worry about it. The store has plenty more in stock!

By now, she should be close to squirting. If her contractions and G-spot are swelling up considerably, this is the obvious sign. If she is squirting already from the 'come here' G-spot motion, keep up the pace to keep the orgasm going. Women can orgasm plenty of times, and a squirting orgasm lasts longer than a normal one. You can keep doing this over and over again. When she's done squirting, you can slow down a bit. After a short time, you can start right back up again. Squirt. Then you repeat.

If she's not squirting, don't be sad; it doesn't happen every time. Don't push overly hard, as this will just hurt your chances in the future of trying this again. As long as she's enjoying everything you're doing, you should be in the clear for a second attempt, though.

She needs to feel like she's going to pee, and the outer pushing that she should be doing should be enough for her to ejaculate her fluids.

After you have either gotten her to orgasm or gotten her to squirt, take a break to reflect on the entire event. Maybe discuss what worked and what didn't work, and maybe drink some water and grab a couple of towels for the two of you to clean up a bit. Positive reinforcement is great, so tell her what an awesome time you had. She'll likewise tell you that she loved it. It works for both of you.

It's important to keep working at it, even if she didn't squirt. It's the sort of thing that needs practice to become perfect, so do this as frequently as you can, and she'll be squirting every time before you know it!

The End and the Future - Prepare to Be a Sex God Forever!

Thus ends our time together. It has been fun, and I hope you have learned a lot about the world of squirting. There is nothing more satisfying and spectacular than making a girl squirt for the first time, or even every other time after that! What you have learned will stay with you for a life time, and any girl you sleep with will be dying to know how you became such a sex god.

Most men have not been lucky enough to stumble upon such a wealth of knowledge contained in this eBook, so consider yourself one of the very few who are complete experts on the art of squirting.

So, farewell, my friends! And as you're in bed with the one you love, remember this: squirting is as much mental as it is physical. Once you know this, you're golden. Enjoy your new sex life!